

COVID-19 and diabetes:

What you need to know



Do I have a higher chance of getting very sick from COVID-19 if I have diabetes?

Yes. If you have diabetes, you have a higher chance of getting very sick from COVID-19. This is the same for any virus, including the flu.

This happens because viruses can cause internal swelling (inflammation), which can lead to more severe symptoms and complications.

People who have diabetes **and** other ongoing health conditions, such as heart disease, have an even higher chance of getting very sick from COVID-19. This is because your body needs to work harder to fight the infection.



Worried about your chances of getting very sick from COVID-19?

Talk with your doctor for advice based on your health history.



How can I protect myself from COVID-19 if I have diabetes?

Everyone should:



Stay up-to-date on your COVID-19 vaccine. Ask your doctor if you have questions.



Wash your hands often, especially before eating or after coughing and sneezing. You can also use hand sanitizer that is at least 60% alcohol.

To protect yourself more, you can also:




Wear a mask that is comfortable and fits well when leaving home. Surgical masks and respirators (like KN95s or N95s) will give you more protection than a cloth mask.



Avoid large gatherings and crowded spaces. If you must be indoors with other people, open a window to clear the air.

Visit our website to find out if you can get a COVID-19 vaccine at no cost through CDC's Bridge Access Program.



 bit.ly/3QMEI8B



Try to stay at least 6 feet away from others



What should I do if I have symptoms of COVID-19?



1. Get tested

Use a home COVID-19 test kit or go to an urgent care or other health care professional



2. If you test positive, tell your doctor:

- About your test results
- What symptoms you have
- When your symptoms started



3. Ask your doctor about treatments for COVID-19

You must start taking these medicines soon after you first get symptoms, usually within 5 to 7 days

If you don't have a regular doctor:

- Visit a Test to Treat center. You may be able to get medicine to treat COVID-19 if you need it. Find a test to treat center nearest to you: aspr.hhs.gov/TestToTreat/Pages/default.aspx
- Visit a community health center, which is a low or no-cost health care service. Find a community health center nearest to you: bphc.hrsa.gov/



4. Take care of yourself

- Rest and drink a lot of fluids
- Keep track of your symptoms each day and include information such as:
 - When your symptoms started
 - If your symptoms are getting better or worse
 - Things that affect your symptoms, such as medicines you take or certain activities



A COVID test called a Rapid Antigen test takes about 15 minutes and tells you if you have COVID right now, and if you could spread it to other people



If your symptoms start to get worse quickly, call your doctor



Learn more

How COVID-19 impacts people with diabetes

diabetes.org/coronavirus-covid-19/how-coronavirus-impacts-people-with-diabetes

